SOCIAL ANXIETY GROUP
Cognitive Behavior Therapy (CBT) Program

Program Includes:
1 Individual Intake Session
12 Weekly 90-Minute Group Meetings
Led by Robert Yeilding, Psy.D.

THIS PROGRAM CREATED FOR ADULTS WHO:

• Suffer from low self-esteem and fear being judged by others
• Experience excessive amounts of worry or anxiety
• Struggle with depression and loneliness
• Have difficulty making friends or communicating with strangers

Our evidence-based program uses Cognitive Behavior Therapy to help you manage your social anxiety. CBT group therapy has proven to be the most effective treatment for social anxiety, allowing you to practice new skills in a safe, structured environment.

PARTICIPANTS WILL LEARN TO:

• Understand their anxiety and restructure negative thought patterns
• Manage anxious thoughts and feelings in social situations
• Carefully expose themselves to discomfort, gaining confidence and eliminating avoidance behaviors
• Improve self esteem and overcome critical self-talk

New groups are forming now.
To learn more, please call 949-222-2848